



*Get healthier, while having fun!*

## FAMILY EVENT & HEALTH WORKSHOPS

Fun for ages 0 to 106 -- 25 Classes - Taco & Smoothie Bar Fundraiser - Music Performers - Vendors

**Saturday, March 5th, 2016** 9:30am-4:00pm  
*at the West Linn Adult Community Center*

What does **WHOLE HEALTH** mean to you and your family? Come all day or when you can! **FREE** public event w/ \$5 lunch donation. Raffle Donation for great items.

- 9:30am Coffee with Whole Health Table Topics  
Educational vendor booths open
- 10-11am Healthy & Fun Choices® for Families - Kirsten Klug  
Educational booths and hands-on projects
- 11:00am Workshops, Happiness and Health, Financial Fun  
Reduce, Reuse, Recycle Art for Kids
- 11:30pm Tacos and Smoothie Bars (\$5 donation) with  
Musical Guests: Michael Allen Harrison Cayla & Ashley
- 1-2pm Workshops: Meditation, Healthy Conversations, Art for Kids  
Demonstration: Nia
- 2-3pm Workshops: Personality, CleanHomes, Credit, Kids Art  
Demonstrations: Taekwondo
- 3-4:30pm Workshops: Essential Oil, Yoga for Kids, Recycling  
Demonstrations: Aikido, Healthy & Fun Choices®

Sponsors:

Healthy and Fun Choices!®



**ROOT**  
MORTGAGE

CITY OF  
**West Linn**  
PARKS & RECREATION

Donations benefit local educational programs offered by Bamboo River® Foundation, a 501(c)3 EIN#46-1303015.

More info & event schedule at [www.healthyfunchoices.com](http://www.healthyfunchoices.com).

For more information, please call Program Director, Kirsten Klug 503-314-6701.

*Healthier individuals lead to healthier homes, schools, workplaces, and communities!*

